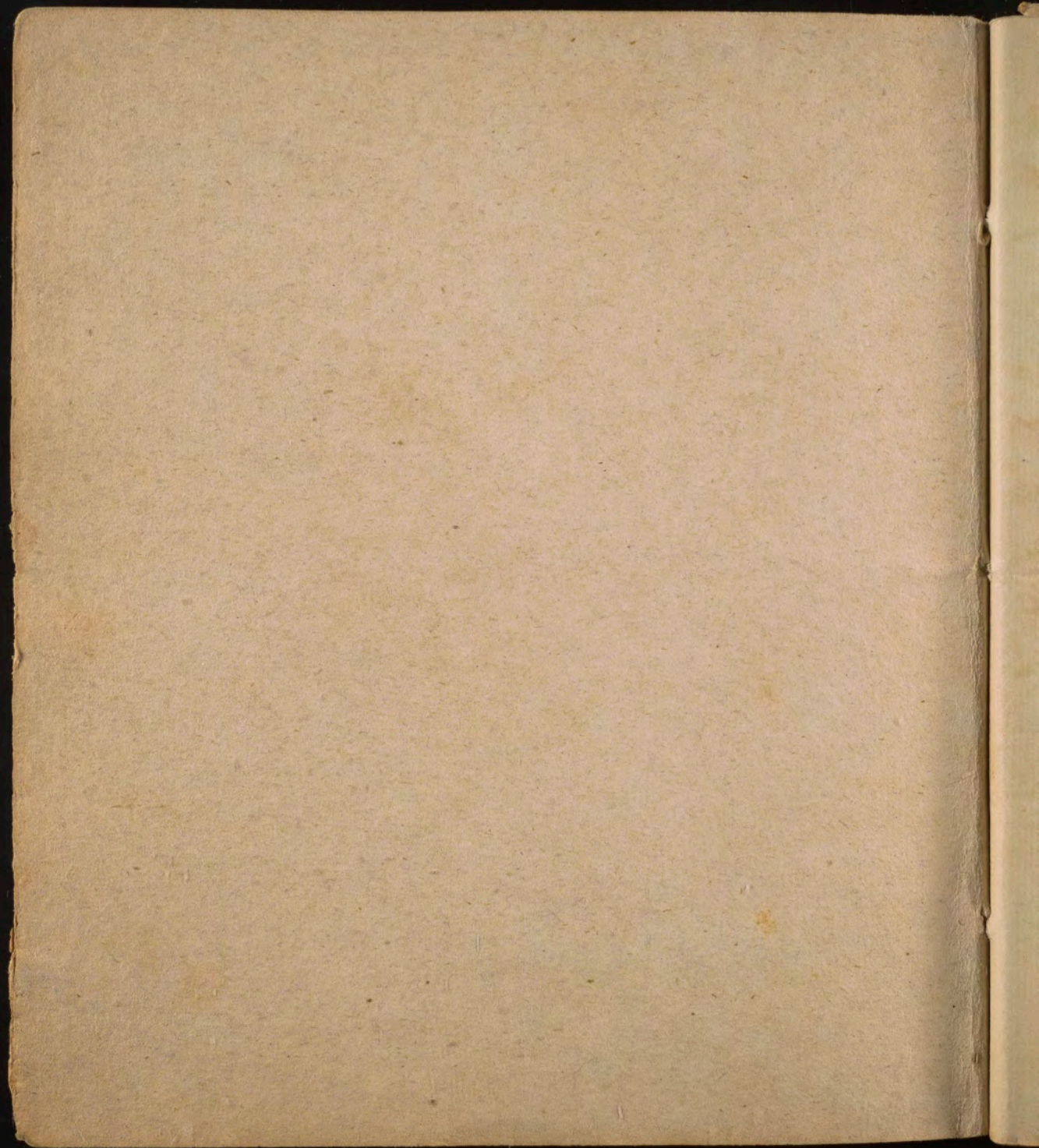


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F 18

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Universal Appetite cont^d: 761
Generation & Conception 762
Parturition ——— 788.

There is another striking peculiarity in
the venereal appetite in which the goodness
& wisdom of heaven is displayed in an emi-
nent degree. I before remarked that it is
felt by man at every season of the year,
- ~~and that~~ the gratification of it is always follow-
ed by debility. ~~Now had~~ ~~the~~ ~~man~~ ~~like~~ ~~the~~ ~~brutes~~ ~~been~~
permitted to ^{enjoy} ~~the~~ ~~same~~ ~~unlimited~~ ~~commence~~ ⁱⁿ the female sex, he would ~~soon~~
have destroyed himself ~~in~~ in the course of
a few years, for Brutes suffer by their ~~promiscuous~~
~~only~~ connection ⁱⁿ with their females, ^{altho} ~~the~~ the time
for that purpose be limited only to a few
weeks. Man is therefore wisely confined
to the possession & enjoyment of only one
woman - by which means he is ⁱⁿ ~~no~~

~~a human family of children?~~

✓ ~~Human~~ This provision ^{by means of the venereal} for continu-
-ing ^{appetite} Animal life is not confined to the
human species. It extends to every
Class and Species of Animals, and ^{sign} ~~to~~ most
of them the venereal appetite acts w:
much more force than in man.

The ~~turtle~~ horse - the bull - the Ram -
and the boar all exhibit in the season
of Venus marks of Activity bordering
upon madness. -

The Amphibious Animals seem
to enjoy this pleasure in a higher degree
than any other Animals. The turtle
remains in a close connection with
its female for 3 or 4 days - and the

Danger of committing an excess in his
indulgence of venereal pleasures - for in
this case - Appetite - and excitement are
always associated together - whereas in
a general ~~excess~~ ^{commence} with the sex, App^{etite}:
- like would be roused by every fresh object,
without such a corresponding excitement
as would enable the system to bear ^{the} ~~the~~
effects ^{of it} of that gratification. =

= ^{excluding} In the history of generation by Dr Hanney J
was much struck in observing that ^{in the} all the
Vices and all the Virtues discovered ~~by Dr Hanney~~
sexual intercourse of the
male and female of the human species ~~in the~~
are discovered by ~~Dr Hanney~~ different Drums
Animals. ^{of these Vices.} The Stallions and the Cocks delight in
polygamy, or a plurality of mates - the she
wolf admits an indefinite number of males
to her embraces. It was upon this account
a brothel was called in ancient Rome Lupa-
maria. The Cocks commit ^{sometimes} rapes, and ^{when} ~~when~~
satisfy his sexual Appetite to such an ^{excess} ~~excess~~ as
to tear the feathers & even ^{to} wound the back of
the female by repeatedly treading her - Several
Animals of the same sex attempt Venereal Con-
- junctions with each other particularly Cows -
2 The Virtues of the sexual intercourse of the human
Species are discovered in the partridge. Each male
confines himself to one female. The same
takes place with the Duck & the Dove. They ~~are~~
resemble the human Species by ^{still more, seeking} ~~retiring to a~~
place of retirement for the gratification of their

toad - not less than 8 or 9 days. So
 much does this pleasure ^{disturb} ~~disturb~~ all other
 sensation, ~~that~~ in the toad, that Spalan-
 zani tells us it continues its con-
 -junction with its female under the
 greatest tortures that can be inflicted
 upon its body, ~~even~~ ^{even} the amputation
 of its limbs, - and finally, ^{its some cases it} parts with its
 female only with its life. The female
^{butterfly admits the brains of the male & even lays}
^{1550 After its head is put off. What 12/202}
~~these facts just: teach us a lesson as~~

important in morals as in science.
 - ~~How ignoble must that life be~~
 which is devoted wholly to the pursuit of
 a pleasure which beasts and even
 toads enjoy in a higher degree ^{than the} of man.
^{human beings? man}
~~It must be destined to much~~

Danger of committing an excess in his
indulgence of venereal pleasures - for in
this case - Appetite - and excitement are
always associated together - whereas in

Veneral appetite. Important inferences might
be made from these facts in favor of the
moral responsibility of and a state of future
existence of certain ~~divine~~ animals as held
by Dr Zildrop & Dr Priestley, and as hinted
at by Dr Huxley.

then showed to marry & maintain ~~they~~

toad - not less than 8 or 9 days. So
 much does this pleasure ^{dictate} ~~dictate~~ all other
 sensation, that in the toad, that Spalan-
 -zani tells us it continues its con-
 -junction with its female under the
 greatest tortures that can be inflicted
 upon its body, ~~even~~ ^{even} the amputation
 of its limbs, - and finally, ^{its some cases it} parts with its
 female only with its life. The female
^{multifly admits the brains of the male & even lays}
~~these facts out: each as a report as~~
 important in morals as in science.
 - ~~How ignoble must that life be~~
 which is devoted wholly to the pursuit of
 a pleasure which lasts and even
^{than the}
 toads enjoy in a higher degree of man.
 human beings? man
~~must be destined to much~~

P Happily for us error can do
harm in our inquiries upon
this subject, for if perfectly
known, there is not a single
useful purpose to which it could
it applied in medicine. ~~But~~ On
the contrary perhaps it is concealed
from us in order to ^{prevent} ~~be applied~~ ^{the}
the knowledge of it being applied to
mischievous & immoral purposes.
turn up. — more similarity

✓ — hence the silence the solitude, and
the secrecy with which it is conducted in
the human species, I see above.

† I mentioned formerly from J Ventré
an instance of the un^{der}stand^{ing} being translated
from the glands penis to the root of the penis,
M^r Bojone relates an instance of its

more sublime enjoyments than those which arise from the gratification of the venereal appetite; - Otherwise he would not have been placed in the scale of pleasure - below the Animals which have been mentioned. —

† I conceived these Observations upon the Venereal appetite to belong to the Physiological history of man. We shall find this application in the Pathology.

I enter upon an inquiry into the Cause of Generation or of the production of a human Being with great diffidence. I Clouds & Darkness have long hung over this mysterious operation of nature.

Soon ~~after~~ after the application of the microscope to anatomical

The facts I shall mention
connected with ^{conception} pregnancy & parturi-
-tion will be important, and I hope
apologize for my inability to
satisfy you with a satisfactory
theory of Conception.

on this subject. even if it is
possible and true can be so in

which
it was

law. calculated to ~~too~~ favour ~~early~~ ~~and~~ ~~the~~ and
to prevent & punish uncleanliness & promiscuous
intercourse of the sexes. — The same law (if revised)
would have the happiest effects upon the order & hap.
of ~~the~~ pleasure, moreover constitute
= principle of Society. Something like it, I believe exists
the sum total of all their happiness, — but
in Pimpia.

Man was made to be happy derive hap.
= principle both from his body & mind, and in ^{that too}
a future state of existence, from which
probably all inferior animals will be
excluded. There is ~~no~~ more peculiarity

✓ — hence the silence the solitude, and
the secrecy with which it is conducted in
the human species, I see above.

† I mentioned formerly from J. Hunter
an instance of the un-^{tion}der-~~standing~~ being translated
from the glands penis to the root of the penis,
M^r Boerhaave relates an ~~one~~ instance of it

more sublime enjoyments than those which arise from the gratification of the venereal appetite; - Otherwise he would not have been placed in the scale of pleasure - below the Animals which have been mentioned. —

† I conceived these Observations upon the venereal appetite to belong to the Physiological history of man. We shall find this application in the Pathology.

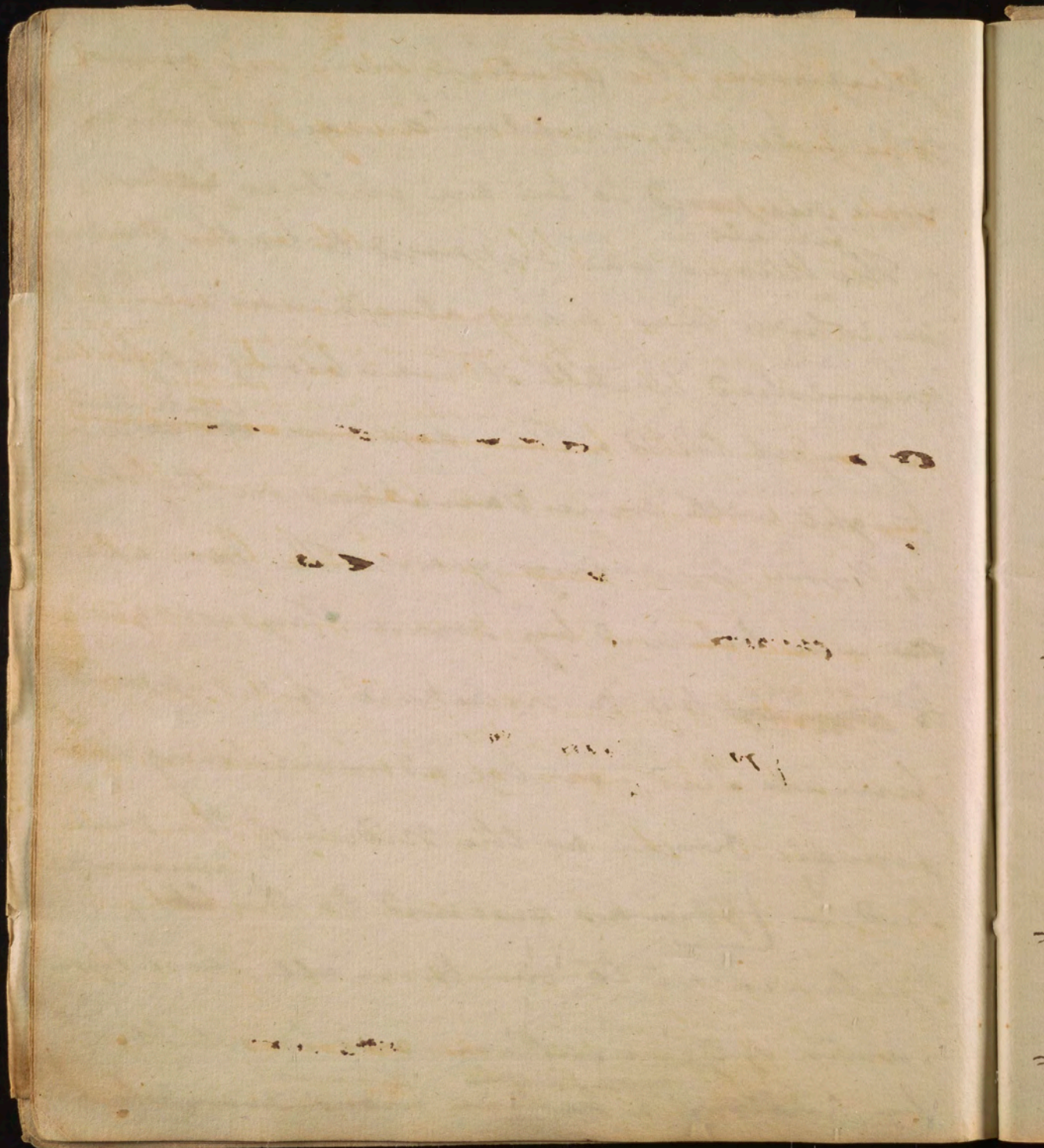
I enter upon an inquiry into the Cause of Generation or of the production of a human Being with great diffidence. ^{of} Clouds & darkness have long hung over this mysterious operation of nature.

~~Soon~~ ^{Soon} after the application of the microscope to anatomical

being translated to the palms of the hands in
a young man at Lyons. — He felt a burning
sensation ^{in the} at the sight of a woman, and by rubbing his
hands together, he felt facilitated with a voluptuous desire. ~~scope~~.

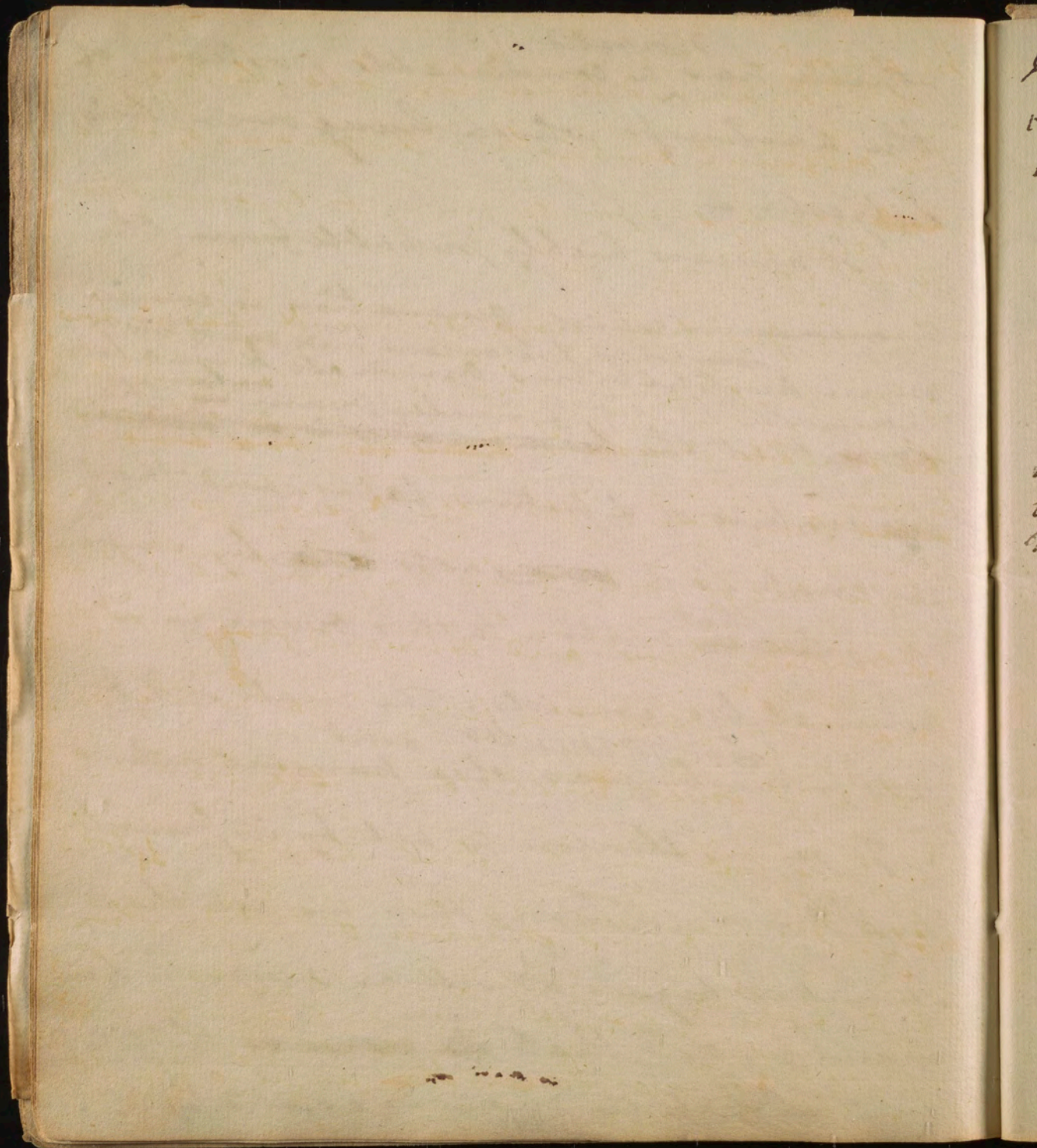
V The existence of animalcules in the
seed is still admitted. ~~that~~ The semen is
their element, and they soon perish in
any other fluid. They have no mode of
reproducing themselves that we know
off, and they have no influence on
the semen in imparting to it its
fecundating stimulus. For this discovery
we are indebted to Spallanzani, who
has added a theory to it

purpore, the Male Semen was found
 to be full of animalcula - each of which
 was supposed to be an embryo fetus,
 - The ^{female} Uterus was supposed to be the matrix
 in which this animalcule was reared? &
 nourished untill it was brought forth
 a perfect Child. This doctrine ~~was~~ ^{continued} to be
 taught with some variations in the schools
 of Physic for many years. The female
~~was~~ was believed by some Physiologists
 to ~~concur~~ ^{concur} by a mixture of a supposed
 female Seed, - or by administering ~~the~~ ^a
 female Ovary as the Wides of the male
 Seed. - ~~It was~~ ^{It was} reserved to the ^{immortal} ~~Ch~~ ^{Ch}
 Spalanzani to overturn all these hyp-
 otheses of generations, and to establish
 by Analogy a ^{more simple} ~~more simple~~ ^{discovery} ~~more simple~~



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which has ^{dissipated} a considerable portion of
the dashings which hung over this
Subject. -

It appears highly probable from the
manners in which generation is carried
on in Amphibious Animals ^{upon which Spallanzani made one of his ex-} ^{periments} ^{in a bottle} that the ~~female Ovary~~ ^{contains the}
~~embryo of a future fetus~~, and that
the male seed ~~acts~~ ^{acts} by impar-
-ting ~~life~~ ^{that} motion to this Ovary in w^{ch}.
animal life consists. The male seed ~~of~~
said formerly ^{from Mr Hunter and} was of a pungent nature.
- It seems therefore to act by its stimula-
-ting power. - From this we see that
Stimulus begins, as well as supports hu-
-man life, and that ~~the~~ ~~seed~~ the first
motion of life in man is excited by it.



In a word -

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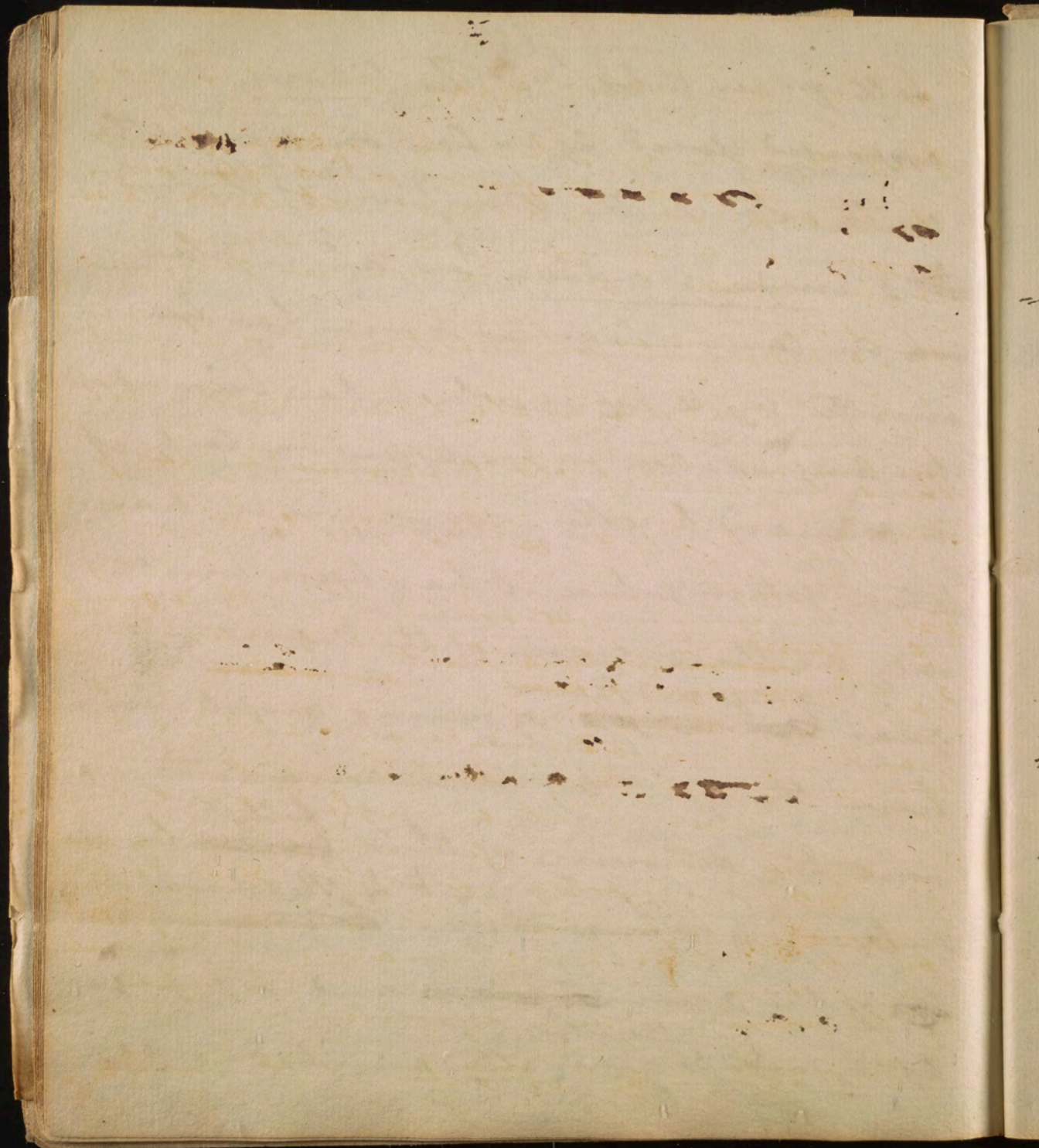
He is awakened from his long sleep in ^{that} his original embryofate, by means of force, ~~which~~ ^{which} supports every subsequent ^{animal} part of his existence. —

A question now occurs, & that is how is the male semen brought in contact with the female Ovary? ^{the common reply} ~~is the common reply~~ to this ~~question~~ question is that the Ovary is seized in the act of Coition by the fimbriae of the fallopian tube and conveyed from the ovarium thro' the tube into the uterus, where it unites with the male seed, & is impregnated by it, - But there are ⁴ solid objections to this solution of the question.

1 a fetus has sometimes been found in the Ovary ~~in the~~ as also in the

✓ I know a student of Physic in Edin^g.
who was called upon to marry a ~~girl~~ ^{girl to}
whom he was engaged, in consequence of
her having become suddenly pregnant, who
told me that he had never had such a
connection with her as had ~~been~~ ^{injured} the
badge of virginity - and ^{a noted midwife in London} Dr Lawder ^{has} ~~delivered~~
and that he had ~~once~~ delivered a woman
in whom he found upon attempting to
introduce his fingers into the Vagina - the
Hymen still inviolate. - Dr Johnson in
his midwifery relates several cases of the
same kind. - But Dr Harvey goes further.
He mentions an instance of a mare that
~~had been mated to a horse to which she was attached~~
had been ringed to prevent her breeding,
that notwithstanding became pregnant. The
^{extremities} sides of the Vagina were burst by the passage
of the Colt into the world. -

fallopian tubes - 2. The Uterus has
 appeared closed after Coition perfectly
 as to exclude the admission of the seed.
~~#~~ 3 impregnation has taken place
 not in cases where the semen has been
 emitted by a penis which has been reduced
 by Amputation or Mortification to $\frac{1}{4}$ of
 its ordinary length - nay more, it has
 taken place where it has been emitted
 only in the entrance of the Vagina - to the
 great ~~disgrace~~ ^{grief and shame} of young people who
 have thought by these means to pre-
 vent the discovery of this ~~crime~~ ^{folly} by the
 subsequent pregnancy. ~~It is not for~~
~~the~~ of the Ovary ~~and its passage~~
 into the Uterus
 afterwards is generally ascribed to the



energy of the ven^{er}al orgasm in women,
 but this energy I believe is ^{often felt & sometimes} ~~often felt & sometimes~~
 in ~~some~~ women - who notwithstanding be-
~~come pregnant from a venereal connection.~~
 - come pregnant from a venereal connection.

- To account for the Union of the male
 seed with the female ovum under all
 these unfavourable circumstances, I
 shall first relate one of Spallanzani's
 experiments. - He found that three grains
 of seed ^{of a toad} ~~was mixed with a pint of water~~ ~~of water~~ in-
 parted such a fecundating quality to a
pint of water, that a single drop of it
 afterwards impregnated the ova of a
 female toad. now - may not the male
 seed ~~either~~ whether deposited in the uterus
 - in the vagina - or only at the mouth

✓ by lymphatics
~~by lymphatics~~ which possess a
specific power of absorbing leucocytes
and which are excited ^{into action} by the sensation
of pleasure connected with coition. ~~But~~
~~should it be thus? But should it be~~
~~in this way that should it be~~
Mr In^r Winter has proposed another
theory - turn over to V.

of the vagina be absorbed ~~and by the~~
~~it conveyed directly to the female ovum~~
~~by the blood - mixed with the blood~~

~~to be~~ conveyed by the circulation
 to the ovum, to act upon the female

~~ovum~~ ^{= below} This was the opinion of

Dr Harvey, and tho' it has been rejected

by the most Physiologists, I can

see no other to be ^{equally} rational, or

plausible. ⁼ The whole mass of blood

does not bear a greater proportion to the

quantity of seed ^{ordinarily} emitted in

a venereal connection, than 1^{lb} of water

^{did} to three grains of the seed of the

^{in the successful experiment}
 Food, mentioned by Galen.

conceive further - that the ^{ova in the} male seed in
 female subject are stimulated specifically

~~V. If this theory should be satisfactory,~~

~~I shall propose another instance~~

He has asserted that all the ~~passages~~ ^{passages} from the body have a motion in them, analogous to the peristaltic motion of the bowels, by which they ^{gradually under certain circumstances} propel their contents out of the body. - This is evident in a gonorrhoea - ~~in the~~ ~~and~~ ~~discharge~~ ~~from~~ ~~the~~ ~~urethra~~ - and in some diseases of the & involuntary lungs - in which there is a constant discharge of mucus from the trachea.

The menses are probably discharged from the Uterus & Vagina by a peristaltic motion in each of them - But as in the bowels, so in some of the passages ^{of the body} there is an inversion of this peristaltic motion. - we observe it in the Oesophagus

✓
~~by the male seed, and that it exerts no
 action upon any other part of the system.
 - hence no inconvenience is felt from
 it in unfruitful connections - and in these
 connections the Absorption must necessarily
 be the same as in those which prove
 fruitful.~~

~~It is more~~ happens here that what
~~many circumstances~~
 happens in many poisons which after
 circulating in the blood act specifically
 upon certain parts of the body. But why
 mention the analogy of poisons? ~~Q~~
 A single grain of $\frac{1}{2}$ after circulating
 for several days in the system has
 excited a salivation by its specific stimu-
 lus on the salivary glands.

A General Circumstances affect

in ~~the~~ the case of Cardialgia & putationa.
In like manner - may not the Vagina
- the uterus - & the fallopian tubes be
actuated by this inverted peristaltic
motion, and thus propel the Seed
into the ovaria? - This ~~theory~~ ^{theory}
will account for the pregnancy taking
place under the unfavourable circumstances
before mentioned, but as the inverted
peristaltic motion of the ~~vagina~~ ^{papages}
into the Ovaria - has ~~been~~ ^{been} inferred only
from Analogy, the ~~theory~~ ^{opinion} built
upon ~~it~~ ^{it is in my opinion} is more hypothetical than
that first taught by Dr Harvey ^{turn over to p 780} & ^{Dr Weyl}

+ This ^{former} was been proved in many Cases,
but lately in a remarkable manner at
Port Jackson in Botany Bay where a Dr
Harris informed Dr Weyl formerly of
this University that several barren
women had become pregnant im-
mediately after their arrival in that
country & One of them was an old

prostitute of near 70 years of age.
This influence of a change of Climate extends to other
originals. The Rev Mr Mearns in his history
of St Kilda says that sheep when bred
to that Island from the neighbouring

Islands always breed the year after.
again & 3 women from both Carol. visited
- wards. spent 2 months at Warm Springs of Virg. - big women
7 - one 4 - one 13 yrs. All conceived afterwards.
A sensation of pleasure is necessary to
render a sexual connection fruitful, and
it is because this sensation is in a great

~~the stimulability of the Ova to the male~~
~~seed~~ - the issue of a universal connection
 with respect to its becoming fruitful, -
 such as the activity of the male seed - the
^{the ~~proper~~ inversion of the peristaltic motion}
~~absorbing powers of the lymphatic vessels~~
^{of the Vagina - Uterus - & Fallopian tubes if it occurs, - or}
~~of the Vagina - and the ~~peristaltic~~ healthy~~
~~State of the Ovaria~~ - . The two last are
 greatly influenced by a peculiar state
 of excitability in the ^{female} system - hence we
 find conception to be most certain,
 immediately before or after menstruation
 - after a fit of Sickness ^{particularly a malignant fever,} & after long Ab-
 - sence - ~~and~~ after the action of fresh stimuli
 upon the system by a woman's
 and after using the warm Bath.
 visiting a foreign Country & ^{for two months}
^{at the time of the first}
 No wonder does the male seed act

in ~~the~~ the case of Cardialgia Spontanea.
In like manner - may not the Vagina
or perhaps totally
be destroyed, that prostitutes so rarely have
children. This ~~has~~ absence of pleasure
has been acknowledged by them. ~~It~~
falls in one of the ~~cases~~ of irritation formerly
mentioned. —

Three

The Semens comes in contact with the

~~the irritability of the female~~
~~seed~~ - the issue of a universal connection
 with respect to its becoming fruitful, -
 such as the activity of the male seed, - the
^{the ~~per~~ inversion of the peristaltic motion}
~~of the Vagina - Uterus - & Fallopian tubes if it occurs, - or~~
~~absorbing powers of the lymphatic vessels~~
~~of the Vagina - and the ~~peristaltic~~ healthy~~
~~state of the ovaria~~ - The two last are
 greatly influenced by a peculiar state
 of excitability in the ^{female} system - hence we
 find conception to be most certain,
 immediately before or after menstruation
 - After a fit of Sickness & After long Ab-
 - sence - ~~After~~ After the action of fresh stimuli
 upon the system by a woman's
 visiting a foreign country & ^{and after using the warm Bath}
 at the ^{particular months} ~~big Spring~~

Ovum. Spallanzani tried whether
a volatile principle would not have
that effect emitted from it, but to
purpose.

~~If~~ a third ~~kind~~ ~~theory~~ theory has been pro-
posed to account for Conception by Dr Haighton
and that is that it is the effect of sympathy
~~between the~~
of a specific nature. He supposes that the male seed
whether set in Uterus ~~or vagina~~ or vagina acts
on ~~the~~ ~~female~~ ~~ovum~~ the female ovum
in the same manner that certain substances
taken into the ~~body~~ stomach affect parts of the
body remote from it without ~~the~~ contact,
& that the stomach is affected by certain
substances applied to the skin which are ^{not}
absorbed, and that do not enter into the
circulation. This opinion is ~~refuted by an~~ ^{refuted by an}
experiment of Spallanzani. He proved that
~~no impregnation took place unless the semen came~~
in contact with the ovum. Even the vapor of

upon the female Ovary that it is torn
from the Ovarium, and conveyed gra-
dually ^{& by a convulsive contraction} thro' the Fallopian tube into the
Uterus. - The nausea - the disposition
to faint - the Obstruction of the menses -
the tense pulse - the dry blood - the dry skin - high cold urine
- the pains in the teeth are all the effects
whenever ~~the~~ yellow & black spots - exquisitely sensible
of a new and peculiar stimulus in ~~the~~ ^{an}
part of the system. An hundred analogies
~~of similar~~
of similar, & even greater consumptions
in the system might be mentioned from
the action of certain local chemical &
mechanical stimuli. Besides the common
symptoms of ~~consumption~~ ^{consumption} which have been
mentioned, I shall mention ~~several others~~ ^{several others},
one of which occurred under my
own observation! a Lady in this city
during what is called her breeding sickness,

~~the woman did not~~ ~~a inspiration~~
~~when applied~~ ~~upon~~
the whole I am disposed to believe ~~that~~ ~~con-~~
ception depends upon the absorption of semen
by the ovum either directly or indirectly, and the
ovum being acted upon specifically by it. ~~the~~ ~~thus~~
Dr. Whyt relates a case in which preg-

nancy discovered itself by a disrelish to
smell. Her relish for it returned as soon
as she was delivered.

Dr. Dumes mentions an instance of
fertility occurring as the first sign of
conception & pregnancy.

Dr. Dumes informed me that he knew
a lady in whom a relish for a particular
kind of stimulant which she cannot eat
at any other time marks the certainty
of conception.

I have known some women pass the whole course of their
pregnancy without a single trace of building sickness
of any kind. ~~This is a rare occurrence.~~
~~as all midwives & Dr. Denit & Dr. Hanney~~
~~it returned after delivery~~

The final cause of this is the nausea
& want of appetite which attend the
first months of pregnancy, Dr. Hunter
used to say was to guard the system
against ~~inflammatory diseases~~ to which it is
always predisposed from the stimulus
of the foetus more especially in its
forming state. may be relieved —

I have known two instances in this
city of conceptions &c without the least
sickness during the whole course of pregnancy.

cy. most of the symptoms of conception which
have been mentioned cease after the 3^d month,
but ~~some~~ they are often followed after a
time by many other of a distressing nature —
~~Dr. Dumes of Dumes~~ ~~as signs of pregnancy~~

has in two instances of pregnancy had
 colds, succeeded by a ~~feverish chill~~ and a ~~feverish~~ glowing heat
 for an hour or two every day one or
 of her legs. — ~~It is often for days, sometimes~~
~~of a day or two~~ ^{of a day or two} ~~it is~~
^{Dr. Hasle.} ~~Dr. Hasle.~~ ^{in England} ~~it is~~
 a woman in Crew (castle) ~~who~~ always
 knew the exact time when she concei-
 ved, by feeling a sudden & unaccountable
 passion to steal every thing that came
 in her way. 3. Where pregnancy occurs while women
 give suck, it is sometimes discovered by the children refusing
 to suck, or becoming fidgety & unquiet on the breast. ^{How long the time is before the}
^{odor - from the K} ~~the~~ impregnated ovum remains in
 the ovarium, or what time it takes
 to pass ~~into the~~ this is the full opinion
 which cannot be ascertained by any
 disquisitions that have been made. The
 whole business of conception I believe

The semen did not induce impregnation when applied to
the ovum. It is reported further by an experim^t
~~of Dr. Hens; of many kind who prevented conception~~
I shall remark further that there is a fashion
in a low by cutting off the fallopian tubes. This
is done as well as in men, and that it is
low had previously had physiology several letters of
this nature published. Upon the subject of D^r H^e's
theory the natural limits of life of them. Thus
Electricity - animal magnetism - alchemy - oxygen - galvanism
for a while covered all the phenomena of
life and disease. In medicine it is very common
to ascribe to one cause that which sh^d. be
ascribed to more than one or two, also but one
effect from a cause which produces a greater
number of effects. This mode of reasoning has done
great harm in medicine. I need not mention instances
of it. Sympathy has taken the place of electricity
oxygen - galvanism in explaining the phenomena
of the human body. From the manner in w.^{ch}
certain medicines operate we have it has been
extended improperly to all medicines. In like manner
from the influence of sympathy in explaining some
of the functions of the body, it is extended to them
all, and most erroneously perhaps to account for genes^{is}
but ~~many~~ they are often followed after a
time by many other of a distressing nature =
e.g. + Diseases of women & family as signs of pregnancy.

has in two instances of pregnancy had
 colds, succeeded by a
~~feverish chill, and a following heat~~
 for an hour or two every day one or one
 of her legs. — ~~That the following is a~~
~~of the following is a~~

² Dr. Harle. ~~of the following is a~~
~~of the following is a~~

a woman in ^{in England} Newcastle, ~~who~~ always
 knew the exact time when she concei-

ved, by feeling a sudden & unaccountable
 passion to steal every thing that came

in her way. ³ Where pregnancy occurs while women
 give suck, it is sometimes discovered by the children refusing
 to suck, or becoming peevish & unmanageable on the breast. ⁴
 How long the time is before the

~~conception~~ impregnated ovum remains in
 the ovarium, or what time it takes

to pass ~~into the~~ this the follicular
 tubes cannot be ascertained by any

disputations that have been made. The
 whole business of conception I believe

upon the whole & a review of all the
theories I have delivered, I am ~~no~~ have
no hesitation in admitting that Con-
-ception depends upon the semen
being conveyed either directly, or ^{this the Gallician teaches} by
indirectly by ^{absorption} means of the ~~lymphatics~~ to the uterus,
to the ~~ova in the~~ female Ovary
in the Ovaria, ^{which according to D'Harvey} ~~The whole Uterus seems~~
to possess the same sensibility to its stimulus
which the brain possesses to those
stimuli which produce sensation and
thought. — return to p. 768 A

✓ 4 Dr Dupuy mentions an instance
of women who never sweated but on
one side of her body. No sooner did
she become pregnant, than sweat app?
on both her
a case in w:
sweats on one
sign of pregnancy.

insupportable

lides. He relates further
how the absence of
sweat was ~~the first~~ a

Sickness, tension, vertigo -
such as, pains in the abdomen & pains in
the back & head, a full & loose pulse - thirst - heat
of the skin - costiveness - hypochondria, or
involuntary flow of urine - jaundice ^{with} ^{liver} ^{act} & now
if then swelled legs. From a careful view of

all these symptoms, I have been led to
consider the female body as in a diseased
state from the beginning of conception to
the period of delivery. The disease partakes
of many of the symptoms of fever, & is re-
lieved by the remedies used for fevers from

Other Causes. But its effects moreover upon
the uterus are the same, as the effects of disease
are, when it appears in the form of Inflammⁿ. ~~are~~
upon other parts of the body. It enlarges it
according to Mr Hunter to 50 times its natu-

-ral dimensions. Inflammⁿ has ^{nearly} the same
effects upon other viscera - particularly the ^{liver}
~~the limbs & the liver~~ ^{This swelling of the liver} ~~It is~~ ^{is} cured by the same
remedy after Child birth, that cures other

to be performed in the Ovarium. ~~The~~
 The impregnated Ovarium seems to be con-
 -veyed into the Uterus only to be nourish-
 -ed. The Ovarium ^{therefore} may be compared to
 a hot bed, in which the first life is in-
 -spired to the seed of a plant, ^{while} the Uterus
 may be considered as a large green
house in which the same seed is after-
 -wards transplanted, and sheltered from
 the weather. Untill it has ^{grown to} ~~reached to~~
 such a size as to bear the action of
 the external ~~air~~ air upon it. —

I have hitherto called the malefud
 a Stimulus only. But it is a stimulus
 of a peculiar kind. It is a secret liquor
 it is true, ~~but~~ it seems to be formed not
 only from ~~the fluids~~ the fluids but from

Swellings from inflammation. viz: Bloodletting.
The lochia ^{coagula} ~~are~~ the blood which is gradually
discharged for this purpose. - return to 781 K

✓ The same reasons account for the
delay of the ^{evolution} ~~formation~~ of the ovaria,
& the production of the ova in females
~~at~~ until the age of puberty.

¶ But another solution is given of the
cause why children resemble their parents, &
that is their having them constantly before their
eyes. ~~The~~ It is certain the inhabitants of
towns villages, & whole countries have a
general resemblance to each other & from the
above cause. But the resemblance of childⁿ
to their parents is often perceived at birth,
before ~~they~~ ^{are} their eyes or faculties are
so far opened as to know them. Bastards
are said to bear the greatest resemblance to

the solidst not - only from the body but
 the mind of ~~man~~ ^{man}, - and this I take to be
 the reason why it is not formed untill
 the body has acquired its full growth, &
 this is the reason likewise
 why I formerly supposed the change ⁱⁿ of the
~~solid~~ ^{solids} to at puberty to influence the secre-
 tion of the seed. ~~After that the seed~~

[As every part of the body as it were
 clubs its proportion of matter to form the
 semen, it is no wonder that we find
 children resemble the male as well as
 the female parent. no more happens
 here, than what happens in many cases
 of impression upon the body from other
 stimuli. - The stroke with the open
 hand on the tender flesh of a child produ-
 ces as ~~as~~ obvious marks of every finger.

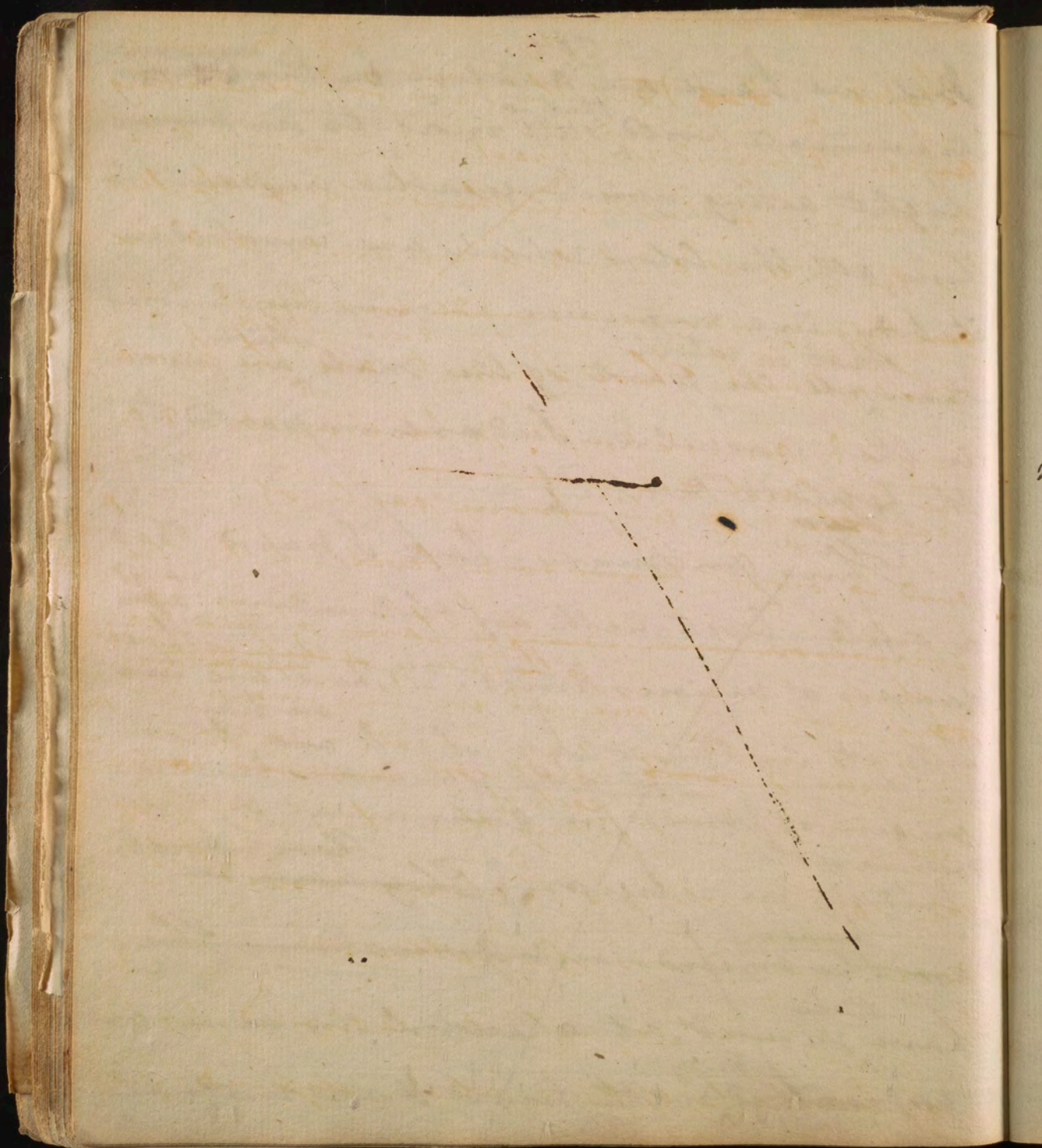
their parents, especially their fathers.]

1784.

But we have an analogy in the ~~inanimate~~ ^{inanimate} world ^{that is} still more to our purpose.

Light acting upon vegetables imparts to them, all the colors which are involved in its body, in a manner no more mysterious than ^{that in which} all the parts of the male ^{which} are involved in the masculine seed are imparted to the female Ovary. —

~~These gentlemen — have I passed this a defile — beset with ~~dis~~ obstructions ^{and} ~~of~~ three dangers of various kinds. — There are ~~two~~ ^{one like} subjects in Physiology, which ~~are~~ ^{are like} the origin of power in government & the doctrine of the Trinity in religion. ~~They have~~ ^{These subjects} ~~are the mind and generation. They~~ ^{have viewed at a awful distance, or} ~~approached~~ ^{only} with timid & reverential~~



Steps. - ~~But~~ But the time for venerating
 ancient prejudices is past. Government like
 animal life has been shown to be the effect
 of the wills of a whole community, and the
~~sanctity~~ ^{sanctity} has been ~~made~~ ^{reduced} to
 the standard ^{animal life} These subjects are the human
mind, & generation. I have ventured to
 bear the ^{veil of opposition} ~~mystery~~ from each of them, ^{and}
 and to reduce them to a level with the
 common and known laws of matter.
 If I have not succeeded in my inquiries, ^{into their} ~~the nature of each of them,~~
 - I hope I shall have ^{laid a foundation} ~~inspired some~~
 for your investigating ^{each of} them here after, with
 the same boldness that you would the
 common laws of matter.

I am so perfectly satisfied that
 the business of generation depends upon

V ~~Dr~~ Delamare (a French physician) has
broken the ground upon this subject. ~~It~~
~~He~~ It has long been observed that
bastards possess an uncommon portion of
mind. The Dr ascribes this to the mind of
the father being more highly excited by the
contrivance & execution of his stratagems for
the seduction of innocence, & by the mind of
the woman when pregnant, being equally
excited by contriving schemes to elude the disgrace
& expenses induced by her prostitution. We
shall have no difficulty in admitting
this solution of the question, if we admit
the mind to be material, or the result of
organization, ~~and~~ to club its proportion
towards the formation of a child. It has
~~It has~~ ~~universally~~ ~~been~~ ~~unmarked~~ ~~that~~
~~that of fathers requires~~
mothers contribute more towards the

principles obviously mechanical, & I have no doubt but the time will come when it will be ^{as} possible to tell ~~for the~~ ~~positions of the body~~ ~~in children~~ what positions of beauty & understanding will be the consequence of the Union of persons of certain qualities of body & mind in creation ^{many}, as it is now is, to tell what will be the result of the mixture of certain simple Substances in Chemistry.

- Our ignorance upon this subject arises wholly from a want of observation.

Agreeably to our syllabus I sh^d.

next have proceeded to treat of the gradual formation ^{of the} ~~of the~~ nourishment ^{& of the liver} ~~of the~~ ^{of the blood in the} plexus in the worme, but you will bear each of these subject discussed

formation of genius or mind than fathers. I have
observed it in 9 out of 10 families of children, & #

V I would only observe upon the
subject of the nutrition of the fetus,
that Dr Darwin has lately revised
the old doctrine of its being carried on
by means of the liquor amnii. He
supposes further that ^{the blood is} ~~the fetus is~~
conveyed to the ~~and~~ fetus by the
Umbilical cord, not to nourish it,
but simply to supply its blood
with oxygen.

true it is - "Sensus sequitur, sequitur
suum". There is scarcely a history of a
man much distinguished for talents
or virtue, that had not a sensible
or pious mother.

Upon the Subjects of General

~~to~~ in the most ample manner from
the Anatomical Chair. V

The ordinary period of pregnancy is
nine months - but to this there are
some exceptions. - Books of medicine
mention 13 ~~months~~ & 5 months as
the two extremes of natural ^{pregnancy} ~~period~~.

Dr Harvey records several cases of Un-
equivocal births at the end of six
months in which the children have
survived their native weakness. It is
of consequence to know these facts, as
we may in some instances ^{by their means} preserve the

peace of families & even the order of
Society. ^{Dr Harvey} mentions a case of a ^{child} born
in the 5th month, that lived to be 12 years old. -
The history of extrauterine con-
ceptions, also of superfetation belongs.

✓ Before I conclude this subject I have to remark ^{if}
~~if~~ The presence of the hymen is supposed
to ~~indicate~~ be the mark of innocence ~~and~~
~~and its absence, a mark of~~
vice in a young woman. But the latter

is not universally true. It is sometimes
absent naturally, & ^{by falls - by rapid walking &c} frequently destroyed
by the disease, particularly by the Leucor.

~~rhoea~~ which is ^{often} attended with a humor
so corrosive as to inflame & erode it. It is
removed in some instances provided Coitus does not
take place soon afterwards. ^{again} applicable to Jurisprudence.

~~no female but the humor has a hymen.~~
~~if the seat of the fever is cutivium,~~

I shall only add, that the Uncertainty w.
still hangs over this ^{has} ~~Do not~~ ^{ch} ~~is no one instance~~
but very little influence upon the
affects the practice of medicine ~~on~~ the progress
of our science towards perfection. Should

those mysteries ⁱⁿ of nature never be revealed,
we may still ~~can~~ go on increasing our
Knowledge of the causes & cures of diseases.

788
to pathology. — ✓

At the close of natural pregnancy, the fetus makes efforts to escape from its place of confinement by altering the direction of its head. many ~~reasons~~ ^{reasons} have been ~~given~~ ^{given} for the commencement of Childbirth. One of them certainly is the efforts of the Child to open a passage ^{throes} for itself into the Air. Perhaps the ~~throes~~ of the mother are produced only by the irritation of the head of the Child upon the mouth of the womb. These throes are connected with such extreme pain as sometimes to induce syncope & death. ~~I do not imagine that the throes are connected with the death of the mother.~~ A certain degree of pain is supposed to be necessary.

1840

connected with childbearing. It is
 true - it was the ~~curse pronounced~~
 upon the ~~female progenitor~~ of the
 human race, after she had discovered
 her Mother, but it is equally true,
 that man was condemned ^{for the same offence} to earn his
 bread with the sweat of his brow, and
 yet many thousands of the human
 race from the efforts of human ingenuity,
 or from the natural fertility of some
 countries, live without labor, and of
 course escape the curse pronounced upon
 our male progenitor. I do not think
 there is an unchangeable & necessary
 connection between pain & childbearing.
 In some countries in Africa, ^{& South America,} there

V The Turkish women take sweet oil
for some months before delivery to lessen
the pains of Childbearing. It can act only
~~as a~~ by inducing debility as an evacuant.
a Len discharges her egg with signs of pleasure.

travellers tell us that women bring forth children without pain. Buxdune says that ~~they suffer~~ the women in Sicily suffer scarcely any pain in Childbearing, and a man midwife of extensive experience from St. Kitts informed me that the women in the West Indies bring forth children with much less pain ~~as~~ than is felt by the women of more northern countries. — I have ~~in~~ frequently observed the pains of Childbearing to be ~~much~~ ^{much} mitigated by Bloodletting a few days before delivery, & I have uniformly found delicate & sickly women to have the easiest labors. — Do not these facts

V These gentlemen were my opinions
thus cautiously delivered ~~in the year 1795~~
~~1795~~. But I no longer ~~at~~ deliver them
as conjectures. From my own observations,
and from the experience of many prac-
-titioners of midwifery, I am now satisfied
that the pains of parturition are es-
sentially a disease as a pleurisy & Colic,
& that ~~they~~ ^{they are} to be relieved by the same
remedies w^h remove this ~~disease~~ ^{the chief of these is} pain from
all these other causes. I shall mention
those Remedies hereafter. In the mean
while you may see the facts I have
collected, & my reasonings upon this
subject in the Medical Repository pub-
-lished in Aug^r 1801. ~~transferred to~~
Bloodletting. ~~acts by inducing direct weakness,~~
~~the necessity of abstraction,~~
and thus relaxes the system, so to favour

suggest to us that it is as possible
by the efforts of human genius to
alleviate the ^{pains of childbearing} ~~curse~~ inflicted upon
women, as it has been for human
industry to obviate ~~the~~ by agriculture
the curse inflicted upon the earth. ✓?

= Bloodletting. ~~The ~~curse~~ efficacy has~~
~~It was introduced into this City & the~~
~~by Dr. Dymock of this city. being before it was~~
~~known in this country. Dr. Chapman tells that it was~~
~~to the knowledge of Galen & was used by Dr. Hamilton~~
of Ven² & is it prescribed even the midwives in
Genoa. ~~Italy~~. It is called for more than [says Dr
Bray of Leghorn from whom I rec^d the information]
from the peculiar dryness of the air & the inflami^g
type of all the diseases of that city. ~~The~~
discovery of this remedy to use the words of
the "Shippen" marks an ~~era~~ in the
history of midwifery. +

paralytic, but the same effects have been
produced by large doses of opium, - by the

convulsions of Epilepsy, & lastly by a fit
of Drunkenness. all these act by inducing
such a degree of ^{Dyspnoea} ~~indirect~~ debility as to
impair sensibility, ~~with~~ but without
impairing ^{the} Irritability, or the power of
motions in the ~~fibres~~ those parts of
the body which exclude the fibres. Per-

-haps they encrease them. You may
any opinions & reasonings, ^{as I suppose} ~~by many~~ ^{to} 12.793
more facts than I have mentioned, in the ^{physical} ~~physical~~
Repository of New York for Aug 1801. ^{at in the 4th vol.} turn over to
of my Inquiries. (A) 12.793 O

...
pain altogether, and thereby repeal
the curse inflicted upon women
after her fall from innocence in
the Garden of Eden. One important

of opium would be as would kill
 the system into a paroxysm of universal
 indirect debility. ^{But whether} ~~I will not attempt to~~
~~that opium in large doses would obviate~~
~~or not in obviating~~ the pain of childbearing, ^{but} I have no
 doubt, but the time ~~when~~ will come
 when this pain will be as certainly,
 & as universally prevented & mitigated
 as a fit of the Colic. ~~o turn over to~~
 18793

The next article in our syllabus
 is the different stages of life. I have spoken
 of one of them viz: of Puberty. Each of
 the others will come in more properly
 when I come to treat of the Diseases
 of the different stages of life. —

~~It is not only that I define~~

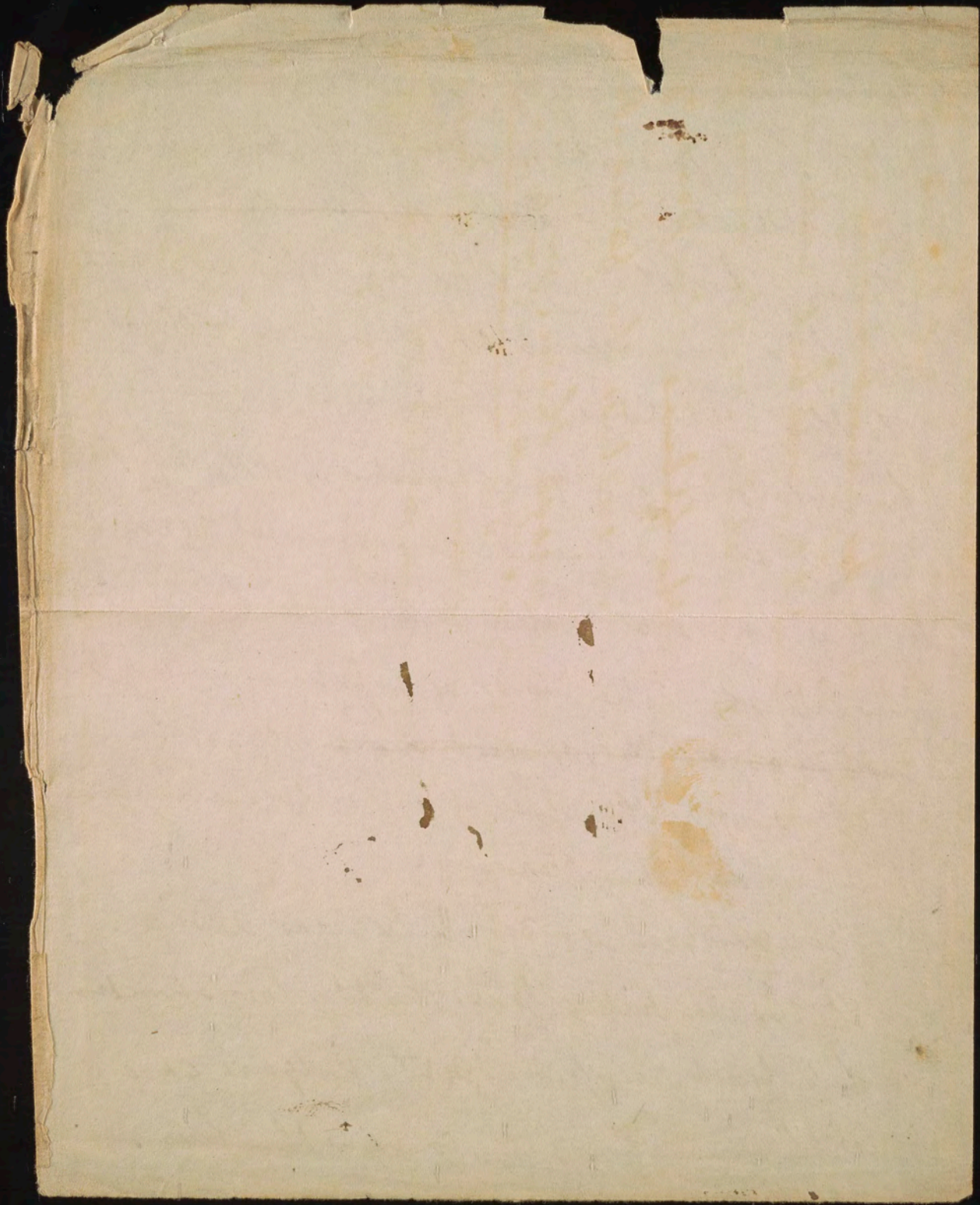
It would an act of ingratitude to dising
 subject of Generation without acknowledging
 our obligations to ~~Dr~~ the illustrious Dr
 Harey for the light he has shed upon it
 by his numerous experiments & observations.
 To this illustrious physician we are indebted
 for dissipating a great portion of the darkness
 in which the indolence & ignorance of ages, shrouded
 by the errors of Galen & Aristotle had involved
 this subject. The words of a contemporary poet
~~infer as at this occasion~~ ^{to} physician
 shall supply the place of an eulogium upon
 him upon this occasion.

"Live modern wonder! & be read alone.

"Thy brain hath issue, tho' thy veins have none.

"Let frail Suspicion, be the vulgar's care,

"Great Generations Self, is now thy heir.



fact upon this subject. A lady Mrs Hall
who had been subject to Epileptic fits,
was delivered in one of them. Upon
her recovery from her fits, she declared
she had felt no pain, and was much
astonished to see a child ^{that had been} taken from
her lying by her side. —

O. There is but One Question connected with
the history of the fevers in Utter that I shall
take notice of in this place. & that is the
Origin of marks upon children. They have
been ascribed to the imagination - but this
is unphilosophical. mention Dr Hunter & Dr
McLear's fact. The system more plethoric in
pregnancy that at any other time - & such
effusions as favor marks ^{are} more apt to
take place than than in any other state
of the system. ^{if these are corroborated to the} return to p. 792 &
let us.

natural & ~~artificial~~ 793

The analysis of the ~~solids & fluids~~ of
the body has been ^{given} ~~taught~~ ~~off~~ already
in speaking of the blood, & of the
secretions & excretions. It will be
improper to speak of the artificial
analysis of the fluids or solids. Untill
we have first traced the effects of disease
& death upon them in our pathology.

We have thus agreeably to our
syllabus taken a view of the functions
of the human body - and of the faculties
& operations of the human mind. In
the easy and pleasant action of ^{these functions} ~~of the body~~ and
faculties of the mind,
consists that inestimable blessing we
call Health; ~~There is~~ or in other
words, ~~in~~ Health is that state of the

Before we take leave of the human body in its healthy state, it will be necessary to take notice of two opinions that have prevailed in with respect to the means of preserving health and it in this state for ever, or for a number of years far beyond ~~to~~ the present duration of human life. The possibility of producing perpetual existence, in our world ~~by~~ has been held by some writers. Dr Price once thought it possible. ~~Certain improvements in Physical means~~ ^{or} philosophy were to be the means of producing this earthly immortality. ~~I~~ ^{said} I need not spend a moment in exposing the error of this opinion. ~~I would as soon say~~ "Dust thou art, & unto dust, shall thou return" ^{the} is ~~an~~ ^a universal, & necessary law, ~~to which there can be no appeal, & from which there can be no exemption.~~ ^{from} ~~no~~ Death is the natural we live by force,

System in which ~~the~~ its excitement,
 & excitability, are in an exact ratio to
 each other, and both equally diffused
 thro' every part of the body & mind. This
 definition of health admits of a considerable
 latitude - It excludes strength as an in-
 -gradient in health. - An ^{effeminate} citizen ~~an~~ who
 cannot bear the ^{action} heat of the sun for a
 single hour upon his body, and a
~~strong~~ peasant who can work a whole
 summer ~~in his field~~ exposed to its
 burning rays without inconvenience,
 may both be in equally good health,
 - for in both, the excitement & excitab?
 of their systems are in an exact ratio
 to each other. ~~for the peasant~~
 Here - then we ^{find} ~~great~~ ^{take our} ~~the human~~

Death is our natural state. ^A ~~But 2~~ ^{Opinion} ~~among~~
~~by some Physicians and Philosophers~~ ^{such as were deluded by the} ~~particular~~ ^{the} ~~is that~~ ^{Alchemists}
~~have thought it possible to protract life to~~
the Antihurian Age, by certain medicines,
or modes of living. Paracelsus ~~had~~ was
the father of this Opinion. ~~He invented~~
~~many medicines~~ The liquor called this
proprietary's derives its name from its
being supposed to possess a power to prolong
life. ~~many medicines~~ ^{Remedies} ^{abund} ~~equally~~ ~~powerful~~ have
been recommended for that purpose, such
as Oil in the Spring of the year, & the
transfusion of the blood of young animals
into old ones, ~~and~~ They have both been
tried often, but without effect. The
~~latter~~ ~~and~~ former was practiced, & is
still popular in Germany, - the other
was tried above a Century ago in

last pleasant view of the body of man.

We have beheld him with his form erect;
his face ruddy, - his eyes sparkling with
health, - his bones full of marrow, - his
muscles filled with blood, ^{all} - his senses in
perfect Unison with external & internal
impressions, - and his body in Unison w.
every faculty of his mind. ~~Thoughts we~~

~~ought not to contemplate him in a very different
situation.~~

In a retrospect of this
curious and beautiful object
~~subject which we have depicted~~ I feel as if
I were gazing for the last time upon a
splendid & venerable palace, which was
destined to speedy destruction by the hand of
time or
war, for hereafter we must consider the

France where it was laid aside in con-
-sequence of its producing insanity. ~~It has~~
been used occasionally with more sleep than either of the two
I still believe its possible for man to
remedies that have been named, but without the effect expected from it,
attain to a much greater age than is
now common in the world. ~~perhaps to~~
the Antidiluvian age. The effects of the
in renewing
Lysine to ~~renew~~ the teeth, and the eyesight,
the occasional return of the menses in old women, a
clearly prove the body to possess secret
or latent mass of excitement. This
may be called birth. & the present stock
used ~~and~~ ^{with so much} ~~economically~~ in a future
and happier state of human affairs, ~~the~~
and thereby life be protracted as to produce
something like the Antidiluvian age. the
means for this purpose will be physical
Revelation favours this opinion. One
of the ~~the~~ prophets ~~says~~ alludes to

79.5
body and mind of man as exposed from
a thousand remote & exciting causes to
pain, - disease, - deformity & death. To enu-
merate these causes, and to explain the
nature of those morbid & distressing pheno-
mena which are produced by ~~long~~ them is
the business of Pathology, and this ~~is the~~
will succeed a few remarks upon what is called
~~hygiene~~ Hygiene - or the means of preserving health.

go to p. 500 789
~~The same fate has awaited all the boasted~~
~~means of eluding death.~~ ~~Life~~ Life says
~~a celebrated French writer (M. Alibert) is as~~
~~eternal in performing the business of destruction,~~
~~as nature is in the business of destruction.~~
~~nor can an anchor ever be cast into the river~~
~~of life so as to arrest for a moment our passage~~
~~down its everflowing stream.~~ The common

it when he says ~~men shall plant vineyards,~~
~~and eat the fruit of them~~ & men shall
die a boy at a 100 years old - that is, ~~his~~
his 100th year shall be compared with the
age to which even shall then attain, the
same as ^{the} 10th year now is compared with
the present duration of human life.

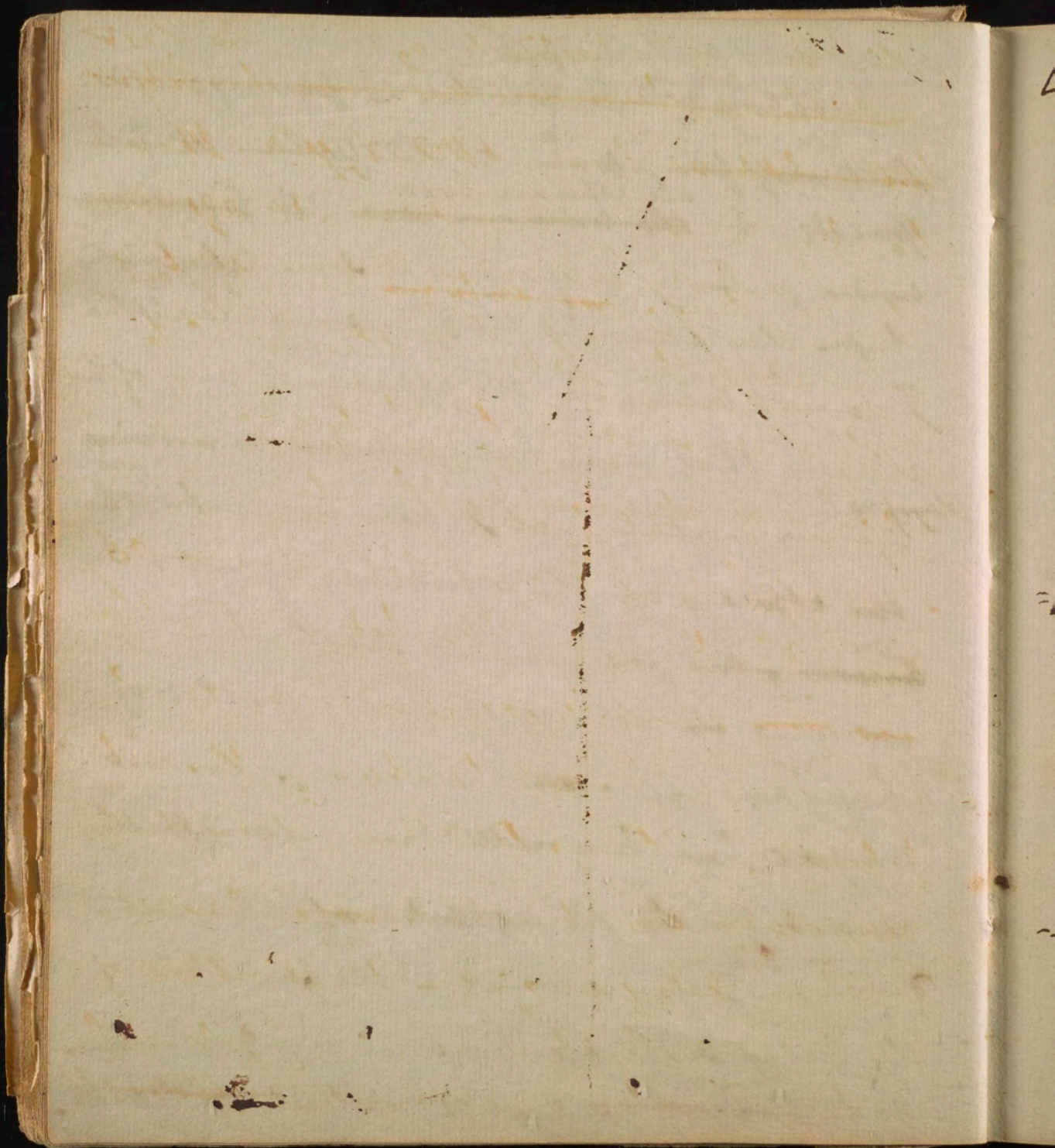
~~The means of producing this longevity~~
will be physical - rational, & moral.
The changes in the earth by cultivation
will dry up all the present fountains of
putrid exhalation, - while reason &
religion shall teach men to avoid all
the ^{remote & exciting} ~~occasional~~ causes of disease from
heat, cold - errors in diet & dress, and the
unhealthy influence of the passions upon
the body and mind. ~~return to 1749.~~

duration of human life is from 70 to 100.

- But very few attain to the former of those periods. ^{all who are born} ~~$\frac{1}{2}$ the human race~~ die ~~before they~~ under puberty, & according to some calculations before they attain to the 8th year of life. Altho'

I do not believe in the efficacy of any of the means that have been proposed for rendering ^{physical} life immortal, yet I have no doubt of ^{the efficacy of} the possibility of not only ~~preventing~~ ~~meeting the~~ premature death, but of rendering ~~the~~ old age the ^{principal} outlet of human life. ~~at~~ The means for this purpose have been called non-naturals - they

consist in ~~the~~ the regulation of elements
 - Air -
 Drinks - Dress - exercise - the faculties of
 the mind & the exertions in such manner
 as to ~~prevent~~ ~~dis~~ ensure perpetuity of Health.



[This ²⁹⁷ part of the institutes of medicine has
~~much has been written upon this subject,~~
~~but so little has been called Hygieia.~~ Much
has been written upon it in all ages & in
all countries, ~~not only in~~ even the Poets
have added their labors to those of Philosophers
& Physicians upon this subject.] Even
a want of attention to the relative circum-
stances which influence the influence of
Diet - Air &c upon the body & mind, there
~~has been~~ much error, and that of a
mischievous nature has been published &
believed in the world. These relative cir-
-stances are 1 Climate, ~~very~~ season.
2 Different degrees of civilization. Very
Different kind of aliment, & very differently
prepared - also very different ~~positions~~

✓ 5 The assimilating power of even to
circumstances, so that offensive things
become not only nourishing, but
agreeable from repetition from one
of the laws of habit —

798 kinds of Dress
different Degrees of exercise - temperature
of Air ~~is~~ ^{Age &c} ~~is~~ ^{is} proper in all the grades of
society from that of the savage to the highest
Degrees of Civilization. The same thing may
be said of 3rd employments. A farmer - a
soldier & a sailor require a different mode
of life from a ~~rural~~ ^{mercantile} person who lives
in the enjoyment of the luxuries of a city
life. 4 Persons of different ages & of the two
sexes, 5th ^{and} ^{positions on the} ~~lastly~~ ^{positions on the} the Variety of ^{circumstances} ~~circumstances~~
have been called
all require ~~a~~ a considerable latitude
in the use of the means for preserving
health. I shall confine the remarks I
am about to ~~be~~ deliver to the citizens
of ~~the United~~ ^{our} own country. You
all know the nature of our climate

I cannot take leave of this part of
our course without ~~taking~~ calling
upon you to collect the difficulty
I found in answering a question pro-
posed to me by many of you [&] that
was what book you should read
upon Physiology. You will now
perceive that the system I have taught
is ~~not to be found in Brooks~~ & the differs
in all its form all the systems that
ever have been published. ~~It is animal~~
The Doctrine of animal ^{life} which I have
~~delivered~~ ^{described}, ~~infers~~ has animated nearly every
function which I have described, &
The new ~~theoretical~~ explanations I have
given of the ~~theory~~ of the operations

and the degrees of civilization & the com-
-plications of our literatures. When they
differ in age, it will be easy to apply the
^{our} general principles to each of them.

I shall begin with Aliment, &
^{& Drinks, & their} ~~various~~ ^{various} ~~enumerates~~ its kinds, the best
modes of preparing them & the properties
& manner of using them. go to 2^o 15
p 585 X

Having thus treated of the Aliments &
Drinks as far as they contribute to health
& longevity, I ^{shall} ~~now~~ proceed to make a few remarks
upon the other ~~or~~ ^{ch} circumstances ~~which~~ are
connected with the same objects, but they
2 of ~~the~~ ^{the} ~~relative~~ effects of air
upon the body. I shall speak of our
living in our houses &c

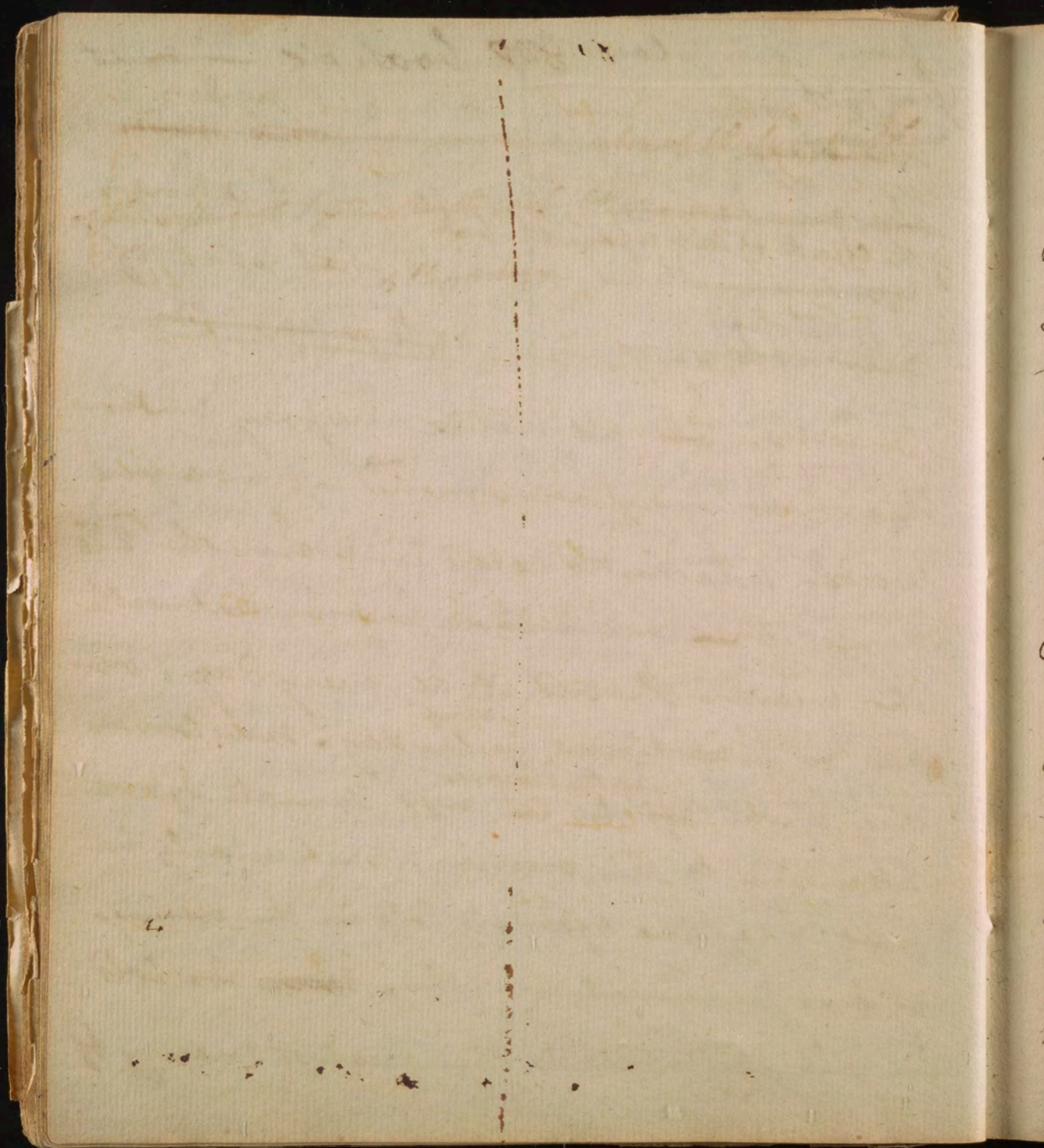
of the mind & of the ^{operculum} ^{also of the sympathies} of the spleen, liver, & lymphatics, ^{have}
of the different systems with each other, —
added still further to the diversity of
my ^{System of Physiology} ~~operculum~~ from those which are
to be found in books, & that are taught
in other Universities. I do not say my
operculum upon these functions of these parts
they are true — but I will say I
believe them ^{to be true} and that ^{they} ^{completely} ^{have revolutionized}
my principles of practice in pathology
— Therapeutics & the practice of medicine.

— As several of the Gent: who compose
this class did not hear ^{the} ~~very~~ lectures upon
animal life, I shall deliver a summary
of them in a few words —

from Low: place 800 book de - next
year 1806 ^{as they}

~~Pathology~~ ^{under} will all come in ~~with~~ ^{under}
~~the~~ ^{one} ~~Pathology~~; I shall defer treating
of the effects of air upon the body
~~upon these till I come to that part of~~
~~Pathology~~
~~our course.~~ go to p 493

3 Drefs. ~~for~~ all that is necessary under
this head may be summed up in a few
words. 1 Rather to exceed in warmth. 2 To
change it ~~is~~ not with the season - but with
the weather should it be every day, or
two or three times ^{same} in the day. new Cases
are most affected ^{by the diseases} ~~is~~ over Chimney by not
attending to this practice, particularly in
not guarding against Cold in the evenings
of our Autumnal months. ~~is~~ for Cold
in all countries is the greatest enemy of

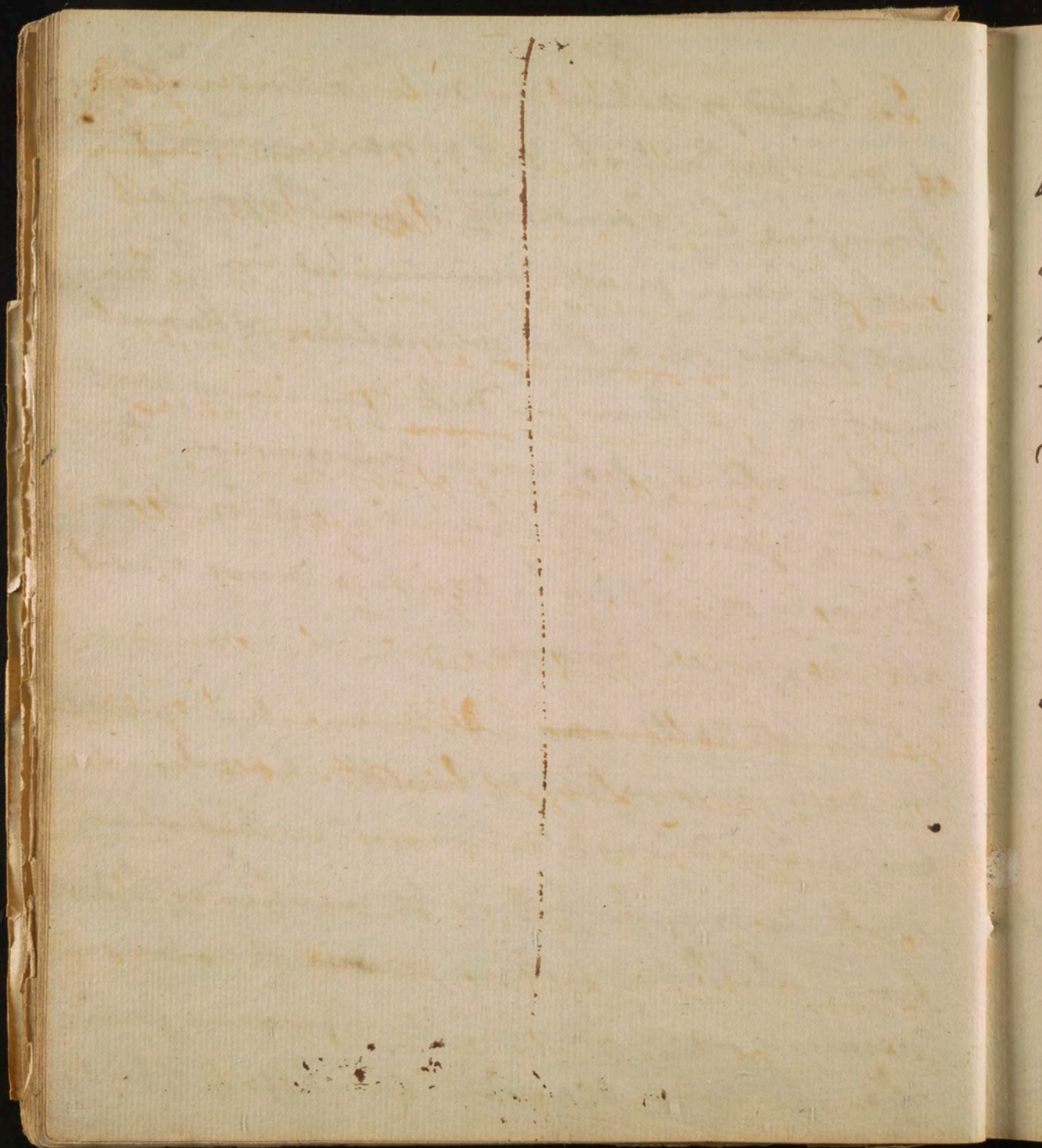


the health & life of man. The same remark
 applies to bed clothes, as to dress. They should be
 accommodated to the changes in the weather.
 3 Cloaths when wet should never be suffered
 to dry upon the body. Few constitutions are
 strong eno to resist disease from this cause.
 4 The feet should be protected with double
 care from the cold. leather is a conductor
 of heat, for which reason, shoes ~~and~~ and
 boots should be covered with woolen in
 very cold weather, & cork soles should protect
 the feet from ~~the~~ the effects of wet weather.
 5 woollen cloathing has been found to
 be most healthy when worn next to
 the skin. Linen & cotton may be
 worn above it. The cause of what

✓ In Great Britain there is a law com-
-pelling ^{the friends of} every person who dies ^{to} ~~to be~~ buried
there in flannel. It would be much
wiser to compel the living to wear the
flannel, and to bury ~~them~~ dead in linen.

is ~~called~~ practised in our Country. ² ~~Having~~
 of our the British Act of parliament for
 bringing in flannel. ~~Since~~ Tropical
 diseases have greatly diminished in the
 West Indies, since the general use of flannel
 next to the skin in dress - for in no part
 of the world is it of more consequence to
 guard against cold than in hot countries.
 I merely say it is the existing cause of nearly
 all tropical diseases. —

The Cold Bath ~~has~~ was formerly in general
 use as a preservative of health. It is too violent
 for civilized Constitutions. The But Warm
Bath is much better. It washes off dirt
 from the skin, & thus prevents cutaneous
 diseases & venereal. It moreover forti-
 -fies the body against the effects of heat.



Labor or a substitute for it in exercise
 are necessary to health. The following ^{things} ~~remarks~~
 should be attended to in the use of both. 1st
 should never be excessive, and should be dis-
 -tinguished from ~~as soon as~~ before it induces fatigue.
 2 It should never be ^{undertaken} ~~done~~ before breakfast,
 or before taking aliment of some kind in
 the morning - nor soon after a full
 meal - nor after night.
 3 It should be performed in the open air,
~~the confined situation~~ "Vitam sub dio agat"
 said the poet. Longest lived tradesmen
 in Philad^a Carpenters who work in the
 open air. Perspiration is increased by
 labor & this in a close room becomes
 a source of weakness or disease. -
 & every part of the body should be exercised,

5 ~~feet~~ long shore men & sailors suffer least from labor when they perform it with their shirts off or ^{in hot weather} it favours the escape of perspiration sweat and thus cools the body.

The kinds of exercise most commonly resorted to for the preservation of health are walking and riding either in a carriage or horseback. The latter should be preferred. ~~to~~ To enjoy the benefit of this exercise constantly it will be necessary to attend to the health of the noble animal to ~~which~~ whose strength & gentleness we are indebted for it. For this purpose I shall deliver a few directions for the management of a horse that is used for pleasure or business. - These directions will I hope be useful. They will serve to illustrate some of our physiological principles; - they will enable

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The ^{rational} faculties of the mind require exercise to keep them in health. They impart health likewise to the body. Hence it has been said studious men have been often too long lived than other people under equal circumstances. Study to be healthy should in the 1st place be alternated with labor & exercise. 2 It should be and Society. 2 The Objects of it should be occasionally varied. 3 It should be ~~in~~ the morning hours are most favorable to it. 4 It should be avoided after a full meal, and after 10 o'clock at night. Gibbons's anecdote. The system becomes purer after night, & is overstimulated by study.

V To this head belongs the government
of the passions. Health & Long life Depend
greatly upon their being constantly under
the influence of reason & Religion.

~~to preserve him as~~
= to preserve the ~~best~~ ^{best} ~~where you are~~
who is to ~~improve~~ ^{preserve} health & prolong the
life of the ~~best~~ ^{best} ~~where that is without~~
whom you will be unable to exercise
your profession, and lastly ~~we~~ ^{they} will be
~~enable you to be useful to your~~
~~to society~~ a public expression of our
gratitude to ~~an animal~~ ^{an animal} to
whom ~~we owe~~ ^{we owe} ~~our~~ ^{such} ~~great~~ ^{great}
obligations. The directions I shall

~~I have said~~ ^{my own} ~~to Codrington~~
Deliver are derived from ^{observations}
and from the ~~premises~~ ^{premises}

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but if necessity imposes study after night, let
it never be in a small & close room. The
Air from Candles & lamps is rendered unhealthy,
and seldom fails of inducing disease. v

Sleep to be healthy should never exceed 7
& hours. Many men have lived long, & en-
joyed good health on much less. Early rising
and longevity have generally been connected.
Lord Mansfield's remark. ~~At~~ ^{the} in-
tervals between morning & evening is too long
for old people to bear an erect, or even
sitting posture, ~~with~~ ^{at} still less study, or business
without a nap in the middle of the day.
It should be taken after a full meal only
in a Chair with the head erect. The collar
and tight ligatures should be removed before
sleep in the night & day time, for the muscles
near the Back - on sides & ~~other~~ ^{various} parts.

whose employment gave them the
best opportunities of acquiring this
kind of knowledge. —

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Sleep
✓ It should be on mattress in summer & feather bed in winter. Large beds best in both seasons - ^{coolest} ~~warmest~~ in summer & warmest in winter. Feather or eider down coverings to be kept to Blankets in winter. Stiff ^{more} ~~not~~ warmth ^{the} w/ less weight, and they are particularly useful to invalids, especially to Consumption patients.

swell in sleep, and thus give pain, or create obstructions. ~~The feet should be placed in a~~ The feet should be placed horizontally when sleep is taking in a sitting posture, or they will soon become anasarca. Often the cause of Dropsy in old people. ~~It is~~ It is ~~unwise to~~ unhealthy to sleep soon after a hearty Supper. Two or three hours at least should pass away before bedtime. See the effects of the contrary practice in Philad^a in med: Surg: vol. 4:2 — I cannot dismiss the subject of Sleep, without taking notice of an opinion held by the late ~~for~~ Cordonet upon ~~the~~ it. He supposed it to be Disease, and in that philosophy would one day ~~teach us to~~ ~~rescue~~ cure it, and enable us to live without it. This is far

Understanding ^{elevated &}
✓ the moral faculties to ~~its~~ ^{these} ~~these~~ ^{things},
preeminently seat in the mind, and thus
prevents disease and vice. But for hope
I shew we wd be the most miserable beings
in the world." says Gant.

from being bare, that Sleep is a remedy
 for the predisposition to disease. It equal-
~~izes~~ removes debility & equalises ex-
 - destroys dangerous associations of ideas - restores
 - celerity, and thus prevents disease of
~~the system~~ ~~the system~~ ~~the system~~

much better philosophers than Coidout
 upon this subject. — "The ~~St. Thomas~~
~~Cordial~~ of the former after enumerating
 its benefits to the body & mind ~~as follows~~
 pronounces a blessing upon the man that
 first invented it". The words of the British
 poet are still more to our purpose.

"Sleep, that knits up, the ravell'd Sleeve of
 care.

"The death of — Sore labour's bath.

"Balm of hurt minds, great Nature's second
 Course ~~return to~~ chief nourisher, in life's - feast. ~

V 1 In Spite of all the Advantages we
derive from regularity in Diet - Drinks
Sleep - exercise - Study &c - the ^{advice} remark
of Celsus is strictly true - that is -
"to avoid scarce habits of any kind". In
our intercourse with the world in the
ordinary ~~to~~ business of life, we are often
obliged to depart from the regularity &
order of our own fire sides. ~~but~~ Now when
we do - we run the risk of contracting a dis-
-ease. Hence it will be useful now and
then to break through a good habit - to
prevent our suffering from the ^{unavoidable} trans-
-grefs of it in ~~some~~ travelling or in com-
-pany. I have known men to suffer
very much from eating a Supper,

I shall ^{conclude this} ~~remarks~~ ^{a few} ~~at this~~ subject by
~~the~~ remarks, each of ^{wh} have been the
result of my own observations. V

2 ~~Longevity is~~ I have observed longevity to
be hereditary. ~~is~~ as long lived ancestors have
long lived children of ours (ceteris paribus)
than persons who do not attain to great
age.

3 I have observed that health & longevity
are very much connected th with temperance
in every thing or upon a due regard to
diet - dress &c in early life. ^{It is in} ~~The~~ ~~middle~~
middle life we usually expiate by sickness
& or death, the follies & ~~excess~~ of our youth.
The Spanish proverb is a truly wise.

from drinking tea, from drinking ~~a~~^{or} ~~less~~
sitting up an hour or two later than
usual, that would not ^{have} been in the
least incommoded by any of them,
had they ever & there ~~indeed~~ ^{conformed to} relapsed
into those acts in their own family. —
~~However much~~
Invalids often require strictness in their
habits — even in good health ~~often~~ become
offensive by them, and when they are
compelled by accident or necessity to depart
from them — often contract thereby
lasting diseases. —

& to forbid, occasional ^{moderate} ~~for relaxation~~ indulgence
at the festive board. The late Dr Cleyborne belonged
to a Club in Dublin that met every fortnight
at which he always drank a glass ^{of wine} or two
extraordinary. The day afterwards he enjoyed

"If we wish to be young, when you are old, be old [~~that is - imprudent,~~
~~- wise & frugal of your health~~] when you are young." Economy ^{in youth} in the expenditure of strength, has the same influence upon health in rendering old age comfortable, that Economy in the expenditure of money, has in early life in rendering old age wealthy, & independant. This remark is not intended ✓

4 B I have never known an instance of old age where persons have been much afflicted with stomach complaints: the remark is connected with the foregoing, for intemperance in eating whe-
-ther

annual health & spirits - drawn forth ^{from} by the
latent ~~low~~ resources of his Constitution. A
fit of Sickness often has the same effect in
bringing forth latent strength, & thus prolonging
life. I have seen old age protracted by it ^{for} many years,
for few men die of exhausted strength -

V ~~to the body what the Conscience is~~
~~the mind~~. No man ^{offended} ~~did violence~~
to it for ~~any~~ for any length of time
with impunity. It is the Conscience of
the body, ~~and~~ Its dictates should therefore
be listened to & obeyed with as much
~~attention~~ ~~obsequiousness~~, as we are
taught to obey the dictates of Conscience
in ~~promoting~~ preserving the moral
health & happiness of our minds.
Return to 0793 -

its relate to quantity, or improper food
or drinks - also ^{to} ~~study~~ ^{persons of the kind} - ~~be~~ all cut prisoners.
only upon the stomach. If you wish therefore
to enjoy health & long life, ~~do not~~ avoid
~~offending your stomach~~ ^{putting} this regulator
out of order.

of the animal machine, I would with
your family - quarrel with your neighbours - nay with
the whole world, ~~but~~ ^{this} rather
than ^{quarrel} with your stomachs. ~~They are~~
Return to Q 793.

1810. finished Philology Decem. 3.rd

